

OUTREACH LOCATIONS

CONTACT US FOR

RELATIONSHIP COUNSELLING

FAMILY COUNSELLING

PERSONAL COUNSELLING

CHILD COUNSELLING

MEDIATION

PARENTING PLANS

FREE DROUGHT AND BUSHFIRE
COUNSELLING & EVENT SUPPORT

& GROUPS

PARENTING AFTER SEPARATION

POSITIVE SELF-ESTEEM

WOMEN'S PROGRAMS

MEN'S PROGRAMS

MAKING RELATIONSHIPS WORK

**All appointments via
Traralgon office
1300 369630**

BAIRNSDALE

51 Francis Street
(Bairnsdale Natural Health Centre)
Alternate Thursdays
Appointments 10.30 - 3.00pm

LEONGATHA

46 Peart St
Rural Finance Corporation
Thursdays
Appointments 10.00 - 2.00pm

WARRAGUL

Mediation Wednesdays
36 William Street
Quantum Support Services
Appointments 9.30 - 2.00pm

YARRAM

6 King street
Dr McConachie's Rooms
Alternate Wednesdays
Appointments 10.00 - 3.00pm



1/42 KAY STREET

TRARALGON VIC 3844
(entry from Breed Street)

TELEPHONE: 03 5175 9500

FACSIMILE: 03 5174 1144

E-mail: latrobe@rav.org.au

Website:

www.relationshipsvictoria.com.au

**Distance and Drought
Counselling
1800 817 569**

**Gippsland Early Intervention
Services
1300 369 630**

**For all appointments -
1300 369630**

Who are we and what are we about?

Relationships Australia - Victoria has ten branches throughout Victoria offering a wide range of services. These services are provided to assist couples and families in building and maintaining relationships which promote well being and respect for all.

The range of programs offered include:
Counselling, lifeskills, parenting, telephone counselling (for those who are unable to attend a centre), mediation, for those separating or divorcing, a program for training of professionals.

What kind of work do we do?

Counselling

All counselling is confidential and available to anyone at any stage of their relationship, whether married or not, together or apart.

Counselling is most effective when help is sought in the early stages. People come to counselling as a couple, in a family group or some people attend for individual counselling.

All issues are dealt with in a way that ensures you the most comfortable environment possible. Concerns such as privacy, safety and your best interests are taken care of by a team of qualified professionals. You can be sure you are in good hands.

Lifeskills Programs

A range of workshops and short courses are conducted which are designed to help people explore issues and learn skills necessary for a satisfying relationship. The Lifeskills program includes workshops, groups and seminars on topics such as:

Communication skills
Rebuilding after separation
Making Relationships Work
Parenting after Separation

Parenting

Short courses are conducted which are designed to help parents explore issues, learn skills and gain confidence in dealing with the problems that arise when you become a parent or throughout every stage of parenting.

Some of the issues we address include: stages of child development, family co-operation, alternatives to punishment, positive self-esteem, listening and understanding, building good relationships, improving communication between all members of the family and different styles of parenting that are effective today.

These are names of just a few topics from the diverse range of courses offered from our staff across Gippsland.
Call us and we can send you a brochure.

How much does it cost?

There is a small charge attached to some Lifeskills and Parenting Programs.
Counselling fees are means tested according to Family income.
Drought and Bushfire Counselling is free.
No one is turned away because they are unable to pay.

Why do people use our services?

To improve Communication
To build better relationships
To stop fighting / conflict
To manage difference
To help with separation, loss and trauma
To learn how to develop a relationship where both partners needs are met
To understand the needs of their children and what is best for them
To have better family co-operation
To develop their skills and abilities as parents

Relationships are the heart of our work



Relationships Australia _ Victoria is a voice for relationships in the community. We believe that relationships can grow and change. We promote the ideal of equitable, co-operative, and nurturing relationships in families, workplaces and social organisations.

At Relationships Australia - Victoria the following values inform the work we do.

We value Respect

We respect diversity in its various personal, cultural, and gender expressions. We advocate relationships free from judgment, blame and abuse.

We value Integrity

We promote justice and equity. Endeavor to live our ethical standards consistently within our practice and make our services as accessible as possible without discrimination or judgment.

We value Transparency

We promote open, safe, effective and honest communication at organisational and client levels.

We value Responsibility

We value the responsible use of resources-people, money, time and technology. All individuals and the organisation have rights, responsibilities, and authority, which need to be clearly articulated and respected.

We value High Quality

We aim to provide high quality service and maintain the highest professional standards in all aspects of our work. As part of this process, we foster self-reflection, creativity, innovation, and improvement. Keeping an eye on the future, we energetically embrace positive change.

We value Enrichment and Celebration

We seek to enrich our lives and the lives of our clients. We celebrate contributions, achievements and courageous acts of change in relationships.